

**NEW LARGER TRANSITION AREA....
MUST HAVE OWN BIKE RACK....
READ COMPLETE DETAILS BELOW!**

Eagle River Triathlon
Race Date – June 5, 2011
Eagle River Alaska 16525 S Birchwood Loop, Chugiak, AK
Chugiak High School

RACE RULES AND INFORMATION

Several items have changed significantly in this year's event. In order to ensure everyone has a fun and safe triathlon experience, we need your cooperation by following the rules below.

BIB PICK UP

Tuesday, May 31, 5-7 pm - Skinny Raven

Thursday, June 2, 5-7 pm – Chain Reaction Cycles

Saturday, June 4, 3-5 pm – Chugiak HS Parking Lot

There will be NO race day registration

Bib p/u on race day available to those from outside Anchorage ONLY.

Please understand the above policy. Race day is hectic! You do not want to be standing in line for your bib when you should be warming up. There are 3 separate opportunities to pick up your bib prior to race day!

RACE DAY SCHEDULE:

6:30 - 7:30 am Bib p/u for out of town racers ONLY

7:15 - 7:45 am Adult check in, swim warm up

7:45 - 8:00 am Final instructions & questions

8:00 – 8:20 am Top 24 Seeded Men & Women start. Women start first in 2011

8:20 – 8:45 am TEAMS START (note: This is new for 2011)

8:45 am – 2:00 pm – Individuals

2:00 – 3:30 pm – Kids Triathlon

4:00 pm – Awards

BIB ASSIGNMENTS:

All bib assignments were assigned by: 1) Top seeded women/men, 2) teams, 3) those buying an early bib number, 4) according to when you registered. Swimmers will race in order of bib number. See swim times below.

AWARDS will take place immediately following the kid's race.

- Top 3 overall
- Top 3 in each age group/each gender (five-year increments through the oldest participant)
- Top team of each division

RACE DISTANCES:

Adults/Teams: 500 yd swim in Chugiak pool, 20K bike (12.2 miles), and a 5K run (3.1 miles)

Kids Long Course: 100 yd swim, 2-mile bike, 1 mile run Kids (see kids rules separate)

Kids Short Course: 50 yd swim, 2-mile bike, 1/2 mile run (see kids rules separate)

REFUNDS

Refund Policy: THERE WILL BE NO REFUNDS ONCE A REGISTRATION HAS BEEN PROCESSED. NO EXCEPTIONS. Planning and developing an athletic event that ensures adequate support and supplies for participants is difficult. We rely on the registration information to provide us with an accurate participant count. Because this is vital to the success of our events, there will be no refunds once a registration has been processed

TRANSFERS/NAME CHANGES

Official race bib transfer policy: Due to increased litigation and higher insurance costs, no participant may transfer his/her entry slot/bib number to another individual. Sorry, but this one is a biggie. If an individual is found to have raced under someone else's name or bib number, that person will be disqualified. Name changes will be available for TEAMS at a charge of \$10.00/person/change.

USAT RULES

- This is a USAT sanctioned event. All USAT rules apply. See www.usatriathlon.org USAT RULES AND FAQ's
- In order to obtain event insurance & USAT sanctioning, the following policies must be posted: To maintain the integrity of the event timing, the combining of any leg from a solo participant with that of any team is not allowed. USA Triathlon sponsors this event, and participants must either be a member of USAT or purchase a one-day race license- calculated in the registration fee. No transferring bib numbers to another participant.
- Adult participants (13 and over) shall not accept assistance of any kind (such as food, drink, equipment, pacing or bike handling) from any person except a race official. If assistance knowingly occurs, up to and including disqualification may be deemed appropriate by the Race Director.
- Adult participants must display their race number at all times. Racers are responsible for making sure the timers are aware of their number. Solo racers have different colored numbers than teams.
- It is your responsibility to know the course and transition areas.

- No headphones allowed while racing.

SANCTIONING

ERT is a USAT Sanctioned Event. USA Triathlon is the national governing body for the sports of triathlon, duathlon, winter triathlon and aquathlon in the United States. Participation in a USAT sanctioned event means the event director has the proper permits in place, liability and athlete excess medical insurance coverage and the event plan has met the standard of organization required. USA Triathlon provides rules, guidance and governance to set the standard for safe and fair multi-sport races. For more information on USA Triathlon and fueling the multi-sport lifestyle, visit our website at <http://www.usatriathlon.org>.

PARKING

- Parking is limited – carpool, if possible.
- Parking is available at both Chugiak H.S. and Birchwood Elementary School. Both are limited.
- **North parking** lot of Chugiak HS, near finish line, will open at 6am and close at 7:45am. This lot will have limited access to leaving as the route "out" zone shares the egress. This lot will be opened completed upon completion of the kids bike leg – approximately 2:30 – 3:00 pm
- **South parking** lot of Chugiak HS. This entrance will be monitored by the Anchorage Police Department and will be open from 6am to 9am. After 9am, access will be slow and limited according to athletes (bikers and runners) utilizing the same entrance/exit. There will be absolutely NO movement of traffic from 2pm – the end of the kid's event. Please do not try and leave during the kid's event as their run leg goes directly through this parking area.

VOLUNTEERS

WE CAN ALWAYS USE VOLUNTEERS! Please see the volunteer coordinator or contact Kristin Wilkinson at wilkinson.kristin@gmail.com. You can volunteer after your race by going to the "VOLUNTEER CHECK IN" tent.

GENERAL INFORMATION

- **Please leave dogs and other pets at home.**
- Label all your gear with your full name and/or race number.
- We will have awards after the event near the finish area; weather permitting starting about 4 p.m.

SWIM RULES:

- Only two swimmers per lane at any time.
- NO circle swimming.
- You will be sharing a lane with another swimmer it's your responsibility to stay on your designated side of the lane.
- You cannot impede the progress of another swimmer
- Based on an average 10-minute swim time (500 yards or 10 laps/20 lengths) you can expect to go sometime during the following times. Please be ready for your time, but be prepared if you're asked to go earlier or later.

Bib Numbers Assigned	On Deck of Pool	Start Time
1-24 (Top Seeded Individuals. Women start first in 2011)	7:45 AM	8:00 AM
Team - Bib #475 - #499	7:45 AM	8:20 AM
25-100	8:15 AM	8:45 AM
101 – 200	9:30 AM	10:30 AM
201 – 300	10:30 AM	11:30 AM
301 – 399	11:30 AM	12:30 PM
400 – 450	12:30 PM	1:00 PM
Kids	2:00 PM	

BIKE RULES

- Bike drop off begins morning of the race – 6am. There is no drop off prior to that time.
- ALL riders must wear a ANSI or SNELL – approved helmet (with chin strap buckled) whenever on a bike, even during warm up (including when transporting your bike to and from your vehicle.)
- Bike course consists of two out and back: one to the south of the high school and one to the north.
- Course maps can be found at eaglerivertri.com.
- You are responsible for knowing the bike course. We will mark any potentially confusing intersections with traffic cones.
- STAY AS FAR TO THE RIGHT AS PRACTICAL
- YOU MUST OBEY THE VOLUNTEERS' DIRECTIONS OR RISK BEING DISQUALIFIED!

- No drafting. You must stay at least 30' behind the bike in front of you. When passing, move to the left when you get within 30' and pass safely.
- NO riding two abreast.
- You are solely responsible for ensuring your bike is in safe mechanical condition.
- Bike course is 12.2 miles
- Do not get on your bike in the transition area. Walk/run your bike through the transition area to the "mount" line before getting on your bike.
- When return back to the transition area get off your bike at the "dismount line" before entering the transition area again.
- OBEY ALL TRAFFIC LAWS! This is not a closed course. You will be sharing the road with traffic. Pay attention!

RUN RULES

- All adult participants must run or walk the entire course. There will be volunteers to help direct you.
- Make sure your bib number is visible to the timers when you finish. Wear your bib in the front.
- Run course runs out the west entrance of the high school and along the bike trail of the Glen Highway. It is an out and back course. Run course is 3.1 miles.

TRANSITION AREA RULES ---- New this year!!

- We have expanded the Transition area for the 2011 race.
- Transition slots are numbered according to your bib number. Everyone has a slot
- T1 and T2 are the same "active" transition areas; we appreciate your help in keeping alert at all times when setting up and removing gear in this area.
- Only racers allowed in the transition area. If you have fans, please ask them to view from outside the transition area. See Transition Map for the best spectator viewing areas.
- Bike drop off begins morning of the race, 6 AM. We do not have early drop off and are not responsible for your gear. Once you have raced we ask that you remove all items from the transition area as soon as possible to allow more room for future participants. Keep alert at all times! Please use the designated exits for removing gear to prevent injury to other active racers in transition.
- There are assigned spaces in the transition area. You are responsible for providing your own bike stand. There will NOT be bike Hanging Racks this year. Stay within your own space and do not intrude on others space. (If you do not have a bike rack, please contact please contact race director Missy Anderson at missya@alaska.com. There will be a Boy Scout group selling racks.
- Solo racers must return their bike to their designated spot before starting the run. Bikes are NOT allowed to be laid down as they take up too much space
- Only racers with a number will be allowed in the transition area, with the exception of the kid's race (they have their own transition area). Please do not loiter in the transition area and watch for racers still competing.

TEAMS RULES:

Teams Check-in & Timing Chips: On deck at 745 AM (see swim times above)

- There will be Team Check-in table set up in side school, just outside of the pool entrance. This is the pool entrance inside the school not the entrance/exit from the parking lot. This is where the runner and biker will receive their chips. Your swimmer will get their body markings inside the pool areas with the individual racers. **Caution: once chipped do not go near or crossover Red Timing mats to prevent premature starts/end times!**
- Team bikers will have their own slot inside the Transition area. All hand offs will done at your respective, team member's bike slot.
- If one person does two events, the person must follow all the transition rules as if you were a solo team member.
- All Team members must follow the same swim, bike and run rules as individual racers.

RESULTS

We will do our best to have complete and accurate race results available during and after the race and then on the web site at www.eaglerivertri.com.

The deadline for reporting possible errors in results is Tuesday, June 7, at 5 p.m. The possible error must be reported to <http://upandrinningak.com/problem.php> by the participant or a minor participant's parent.

KIDS RULES:

NEW SAFER KIDS COURSE! Please see kids rules listed separately.